



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
January 5, 2007

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State Health Department Says It's Not Too Late To Get Your Flu Shot

BISMARCK, N.D. – The North Dakota Department of Health is reminding people that there is plenty of flu vaccine still available and is urging people to get their flu shot before the peak of the season hits.

“Last year, our flu season peaked in March and right now, we are seeing a similar trend. People should make use of this time to call their doctor, local public health unit or pharmacy about getting their flu shot,” said Michelle Feist, Influenza Surveillance coordinator. “Getting your flu shot now will provide you with the protection you need when our peak flu season hits.”

To date, 35 cases of the flu have been reported to the North Dakota Department of Health. One of those cases has been culture confirmed, meaning that more extensive lab tests were done to see what kind (or strain) of flu it is.

“The lab tests confirmed that it was an influenza A H1 strain, which is a normal strain that we see every flu season,” said Tracy Miller, influenza program manager. “That is important for us to know because the flu vaccine protects against these normally circulating strains of influenza. This helps us reinforce the importance of getting a flu shot for protection against this strain of flu.”

Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches and extreme fatigue. To help prevent the spread of flu, the following precautions should be followed:

- Get your flu shot.
- Cover your mouth and nose with a tissue when sneezing or coughing.
- Wash your hands frequently and thoroughly with soap and water.
- Stay home from work or school when you are ill.

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Visit the health department home page at www.ndhealth.gov.

For more influenza information and to order free education materials, visit www.ndflu.com.
Reported influenza case numbers are updated every Wednesday on the website.

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